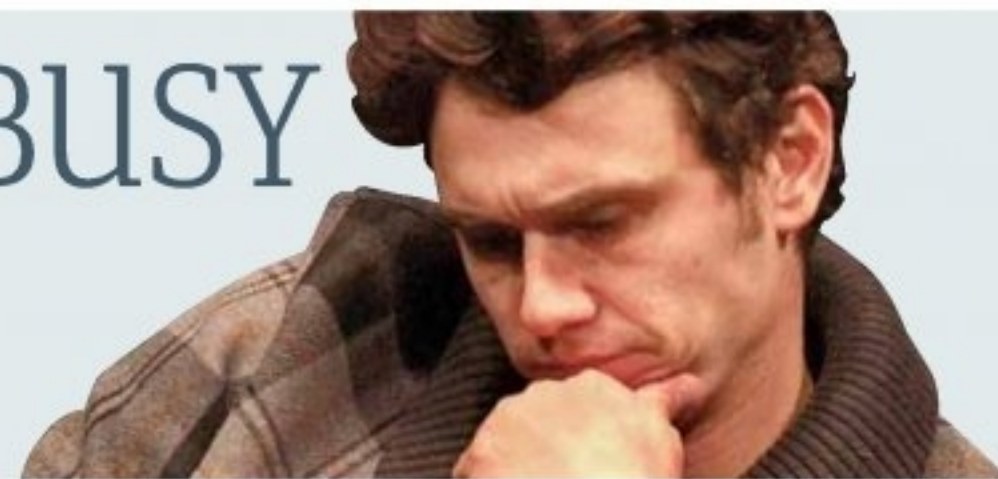


FILMS: INSIDE THE VERY BUSY MIND OF JAMES FRANCO

THE ACTOR/DIRECTOR/POET TALKS ADAPTING LITERATURE TO FILM. PAGE 07



metro

BOSTON Wednesday, November 13, 2013
www.metro.us | t: MetroBOS | f: MetroBoston

Final chapter. The sentencing hearing for Boston's most notorious mob boss James "Whitey" Bulger begins in federal court. **That's life.** The 84-year-old will likely get life in prison for his role in 11 murders. **Heated.** The two days of hearings are expected to be filled with emotion as more than a dozen family members of victims will take the stand and speak about the violent crimes. PAGE 02

WHITEY'S NEW LIFE?

BILLY BECERRA, METRO



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Bulger sentencing hearing underway in court today

Whitey trial. The 84-year-old former mob boss will hear from family members of his victims.

For decades, people feared saying the wrong thing or crossing James "Whitey" Bulger.

Today, that all changes when the 84-year-old former mob boss is confronted by the family members of his victims.

Bulger's sentencing hearing gets underway this morning in federal court in South Boston.

A jury in August found him guilty of extortion, gun possession and racketeering including his involvement in 11 murders.

The two days set for Bulger's sentencing are expected to be filled with emotion as more than a dozen victims and family members of victims are likely to speak about the violent crimes.

However, Bulger's lawyers have sought to keep some of them from speaking, arguing the jury found that the government could not prove that Bulger was involved in eight of the 19 accused murders.

Prosecutors filed a motion to have all of the victims speak

Quoted

"It is the intention of the United States to pursue forfeiture of any known assets of Bulger and use this process to distribute funds to victims."

Federal prosecutors in a court filing

during the sentencing, arguing that Bulger's criminal enterprise was responsible for the murder of all of the victims listed, regardless of who the actual murderer was.

Judge Denise Casper, who presided over Bulger's nearly three-month trial, will also preside over the sentencing and will speak to Bulger when she hands down his sentence, which will likely be life in prison.

Besides the amount of jail time handed down, the other issue to be resolved will be the restitution claims by the families.

In a court filing, federal prosecutors detailed how they intend to split the assets they seized from Bulger, if Casper should order restitution.

"The United States intends to enter into settlement agree-

ments with the victims or victims' estates whereby the assets are divided equally among the participating estates of the murder victims, with a smaller share provided to participating innocent extortion victims," the government said.

Thirteen victims' families or estates have submitted their loss calculations because of the crimes that total more than \$830 million. The family of Roger Wheeler, the murdered head of World Jai Alai, estimated their loss to be \$810 million.



MICHAEL NAUGHTON
michael.naughton@metro.us

Top 3

What's trending online at Metro.us

1 VIDEO: Mesmerizing cross-continental domino tricks'

2 VIDEO: Epic dance-off competition at Marine Corps Ball'

3 VIDEO: Women fake multiple orgasms in Katz's Deli'

Today's tweet

"Boylston is the only stop with a "no smoking please" I think this is due to my fellow Emersonians that think they're chimneys."

@AlexDePalma93 is reading the signs.



Pedestrian hit, killed by car on School Street in Everett

A pedestrian died Tuesday afternoon on School Street in Everett after being hit by a car at about 1:17 p.m. According to Everett Police, emergency responders found the female pedestrian on the sidewalk suffering from serious head trauma. She was transported to the Whidden Memorial Hospital where she was pronounced dead. No criminal charges have been filed pending the outcome of an investigation., police said. / NICOLAUS CZARNECKI, METRO

Terror on trial

Tsarnaev defense pushes for lighter prison restrictions

Lawyers for accused Boston Marathon bomber Dzhokhar Tsarnaev were in federal court Tuesday to argue against "extraordinary and severe restrictions" placed on the suspect while in jail.

Tsarnaev's lawyers said



Tsarnaev / METRO FILE PHOTO

in a motion filed last month that restrictions, called Special Administrative Measures, are "unlawful and unwarranted" and hinder Tsarnaev's ability to have a proper defense.

"[The measures] make it difficult to prepare for trial if [defense lawyers] can't talk to their client," said Suffolk University law school professor Rosanna Cavallaro.

"They're concerned they're not going to get the materials that the government has that may be relevant."

Among the restrictions at the Devens facility, Tsarnaev's lawyers say he is being barred from participating in group prayer services. He is also prohibited from communicating with people and can only have visits from his immediate family. He can only write one

letter to one adult per week, his lawyers said.

Tsarnaev and his now-deceased brother, Tamerlan, are accused of placing two pressure cooker bombs near the Marathon finish line in April that killed three people and injured about 260 others.

He faces the possibility of the death penalty. His trial is expected to happen next fall. **METRO**

Menino moving on

Mayor Menino heading to BU

Mayor Thomas Menino is apparently moving from City Hall to Boston University.

The 70-year-old, five-term mayor is expected to announce today that he will work with Boston University after his tenure in politics ends, according to WBZ.

It's unclear exactly what Menino will do with BU, but he will be involved with the political science department.

Menino announced earlier this year that he would not seek re-election to a sixth term.

State Rep. Marty Walsh won election last week and will succeed Menino on Jan. 6. **METRO**



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Hot on campus

Fires hit BC campus

A string of mysterious fires at Boston College has the school community on high alert.

Boston College Police and the Newton Fire Department responded to three fires that were "suspicious in nature" set in Gasson and Stokes halls on Saturday night. No one was injured. **METRO**

Armed robbery

Man holds up store near Tufts

Tufts University police put out an alert Monday after a man with a knife robbed a store near the school's Medford campus.

Tufts police said Medford authorities alerted them to the robbery that took place about 8:20 p.m. at Campus Mini Mart on Boston Avenue. **METRO**

Filipino spirit 'waterproof' after typhoon hits islands

Typhoon Haiyan. Bay State sends aid to the Philippines in the wake of devastating storm.

As the Philippines reels from a storm that may have claimed as many as 10,000 lives, Bay State residents and local Filipino-Americans are scrambling to send help to the ravaged island nation.

"It is still a dire situation there. Clean drinkable water in many cities is in short supply. Over 2 million people have been displaced," said American Red Cross of Eastern Massachusetts CEO Jarrett Barrios, adding that the nonprofit has 1,000 employees and 600,000 volunteers in the Philippines.

Michelle Denise Ferreol is one of about a dozen students within the Filipino community



Red Cross workers organize supplies to be distributed to victims of Typhoon Haiyan. / JARKKO MIKKONEN/FINNISH RED CROSS

at Harvard University that are organizing a campus benefit Friday, called "Singing in the Rain," to help typhoon victims.

"There is a saying going around right now that the Filipino spirit is waterproof," said Ferreol, who left Manila to study at Harvard. "Filipinos

have a lot of grit. Our culture is one that really rises from tragedy and mobilizes very quickly."



MORGAN ROUSSEAU

morgan.rousseau@metro.us

Analysis

How to help

Census data shows there are approximately 11,000 Filipino-Americans living in Massachusetts.

Many Filipinos who migrated to the United States have been unable to reach loved ones since the disaster; however, those wishing to reach Filipino citizens can go through the The American Red Cross Restoring Family Links service.

There is still a great need for clean water, food, shelter and basic supplies, according to the Red Cross, and Massachusetts residents can help by making monetary donations. To donate, visit www.redcross.org/ma/boston.



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Push. New Obamacare sign-up effort aligns with expected site fix

A new push to sign up Americans for insurance under President Barack Obama's health-care law will begin in December, when the government's faulty enrollment website is expected to work better, an advocacy group leading the campaign said.

Technical problems with the HealthCare.gov website since it opened Oct. 1 has

hindered enrollment and undercut momentum for organizations such as Enroll America, which has led efforts to explain benefits to consumers in 10 states.

The Obama administration is racing to fix the website by Nov. 30 so that people who want benefits to start on Jan. 1 can enroll in time under the 2010 Affordable Care Act.

REUTERS

Protest

Albanians angry with US over Syrian chemical weapons dismantlement

The prospect of Syria's chemical weapons being dismantled in Albania caused

protests in the capital Tirana on Tuesday, exposing a rare dent in the NATO member's loyalty to the United States.

Hundreds protested in front of the United States embassy in the Adriatic republic, chanting "Albania is ours" and holding banners that read "Yes, we can say 'No'." REUTERS

US, UK send warships to help speed relief efforts



A woman carrying a child cries as other survivors of Typhoon Haiyan wait to board a C130 aircraft during the evacuation of hundreds of survivors of Typhoon Haiyan on Tuesday. / GETTY IMAGES

Philippines. Toll expected to rise as rescuers reach devastated towns.

The United States is sending an aircraft carrier to the Philippines to help speed up relief efforts after a typhoon killed an estimated 10,000 people in one city alone, with fears the toll could rise sharply as rescuers reach devastated towns.

The USS George Washington aircraft carrier should arrive in 48 to 72 hours, the Pentagon said, confirming a Reuters report.

A statement said crew from the George Washington, which carries some 5,000 sailors and more than 80 aircraft, were being recalled early from shore leave in Hong Kong and the ship was expected to be under

way in the coming hours. Other U.S. Navy ships would also head to the Philippines, it said.

The Philippines has been overwhelmed by the scale of Typhoon Haiyan, one of the strongest on record, which tore a path through islands in the central Philippines on Friday.

Rescue workers were trying to reach towns and villages on Tuesday that have been cut off, which could reveal the full extent of the loss of life and devastation from the disaster. REUTERS

Quoted

"We're sadly expecting the worst as we get more and more access."

John Ging
Director of operations at the U.N. Office for the Coordination of Humanitarian Affairs

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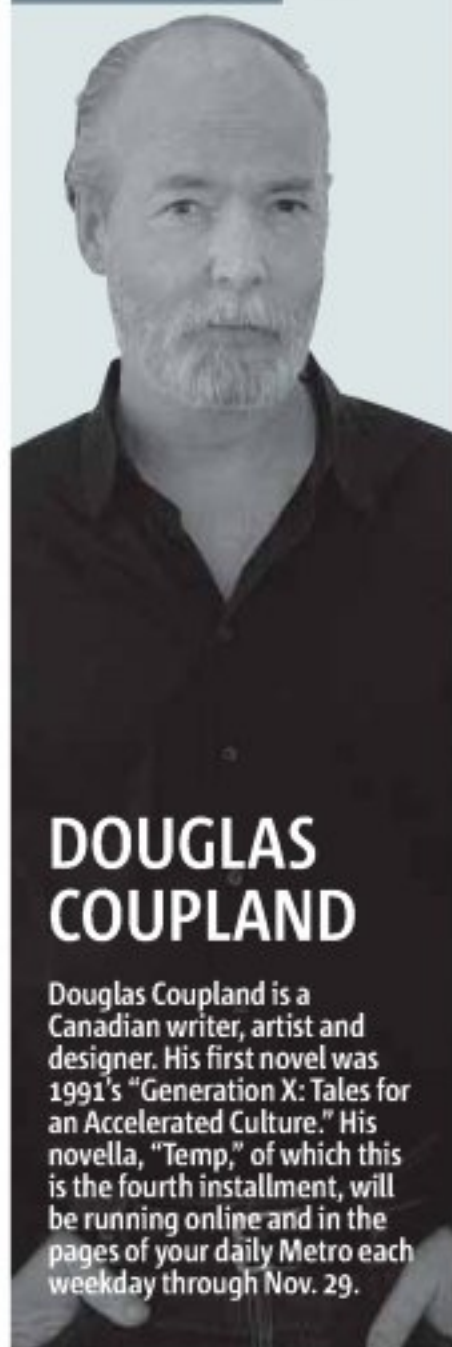
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Metro exclusive



DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the fourth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 8: Temp stumbles upon a shootout

"Get back!" A policeman standing in front of the yellow-taped off parking lot barked at us to move. We saw police snipers on the roof.

Sarah No. 3 was close by and we asked what was happening.

"Kevin Taylor is bunkered inside the remains of the warehouse."

"And...?"

"He says he's going to kill himself."

"Oh God. Any hostages?"

"They don't think so."

Talk about drama. Just

then, the Shoeman and his father, Xu Senior, pulled up across the street and came over. We filled them in. Xu Senior went in pursuit of more info while, as per our agreement, Shoeman pretended to speak English as though he'd been taught in Peoples' Glorious Education Facility Number 43,607: "This episode with gun create many unglorious feng shui problems. May jeopardize once benevolent deal to buy company."

The Sarahs both saw their buyout stake evaporating, panicked, and went to hunt for Mel from Payroll.

Shoeman reached into a Whole Foods paper bag for snacks. Once the Sarahs were

out of earshot I asked him what he was eating.

"Two hundred bucks' worth of raw unfarmed British Columbia salmon. Nothing like it for marathon training. Want some?"

"Ick, no thanks. Would a shooting really kill the sale of the company?"

"My dad's totally old school. He can't buy a building someone's died in. A standoff like this could be just as bad. I could care less, but I think we have to fly back to China tonight and discuss this with the family."

"Really?"

"Yup. Which also upsets my training schedule, because yesterday I found this perfect

running track nearby — an elementary school they closed because of tax cuts. The soft unmown grass is perfect on my feet."

I grew worried... "What about ...what about our secret plan?"

He winked at me. "One day at a time, Shannon. By the way, I was guest at a poker night and I found out what they make at the defense contractor next door there."

"What?"

"In-dash beverage caddies for drones."

"My sister would love that — hey wait, drones are unmanned!"

"Gotcha."

Then shots rang out. Holy

crap! We ran and ducked behind a pickup. It was like in the movies: guys in black running across the roof, with more guys closing in from all sides. I was really frightened Kevin would get killed. He's a nice guy but life simply hasn't been too kind to him lately.

There was some silence and then we heard squeaking wheels, like a child's toy wagon. A moving dolly rolled out of the open double-wide doors of the warehouse. Duct-taped on top of it was a poorly made effigy of Kevin from the waist up. It was holding a broomstick as a rifle and was shot through with bullets.

"Uh oh."



"This episode with gun create many unglorious feng shui problems." / COLOURBOX

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CULTURE

THE WORD

Dorothy Robinson
takes on the world
of gossip.

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Everyone is freaking out over this dress

I am in the Jennifer Lawrence Can Do No Wrong camp. She could wear a coonskin cap and shoes made out of coconut husks and I'd be like, "Brava!"

But the critics don't feel the same way — they are after her big time about the Christian Dior dress she wore to "The Hunger Games: Catching Fire" London premiere on Monday.

"It honestly looks like someone crushed a bunch of multi-colored suckers and stuck them onto the bottom half of this dress," opined one blogger. And in a post titled "Catching Fire Premiere Or A Project Runway Fashion Show (You Make The Call)," Dlisted asked, "How can you explain wearing Sandra Lee's best tablecloth (she needs it back for her Glitzy Glamour Christmas tablescape) to a movie premiere?"



Can Justin Timberlake and Julia Roberts take the heat?

For Timberlake, a guy who's been beloved his whole career, the change in public perception is bound to be bewildering. / ALL PHOTOS GETTY IMAGES

Who would have thought two of the most beautiful, successful people on the planet — Justin Timberlake and Julia Roberts — are also two of the most thin-skinned?

Granted, Timberlake has had a tough autumn. His film "Runner Runner" and his album, "The 20/20 Experience: 2 of 2," were both panned by critics. Variety even ran a piece titled

"Why Justin Timberlake Should Stop Acting."

For a guy who's been beloved his whole career, the sudden change in fortune is bound to be a bit bewildering. "Where did all this vitriol come from? It's mean. And I'm not cut out for it," he told GQ. "The movie didn't do well at the box office, so I should quit? I have the No. 1 album this week, and

I shouldn't have released it? Come on, man. You sound like a dickhead."

Meanwhile, in a Marie Claire interview, Roberts claims she stays away from the Internet. "I have too much potential for collapse. There's an anonymity that makes people feel safe to participate in hatefulness. I like a good old-fashioned fistfight." MELINDA TAUB

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Franco, Faulkner and Facebook

Interview. Adapting difficult novels for film is James Franco's "thing."

As you may have heard, James Franco is busy. In addition to being a prolific actor, he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's "As I Lay Dying" — which played at the Toronto Film Festival this year along with his film of Cormac McCarthy's "Child of God" — has just arrived on DVD. And in addition to "Actors Anonymous," his new book of short stories, he's promising an adaptation of Faulkner's "The Sound and the Fury" next.

Franco on literary adaptations: "What I figured out

... is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking. If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff."

"There are stories that I love that I just don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like 'The Godfather.' I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book, it's not just because of the

story, it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Franco on Franco: "The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that. I really view ... my relationship to my public image as something that is just maybe ... a more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

Quoted

"There are stories that I love that I just don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it." Franco



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James Franco is one busy guy. / GETTY IMAGES

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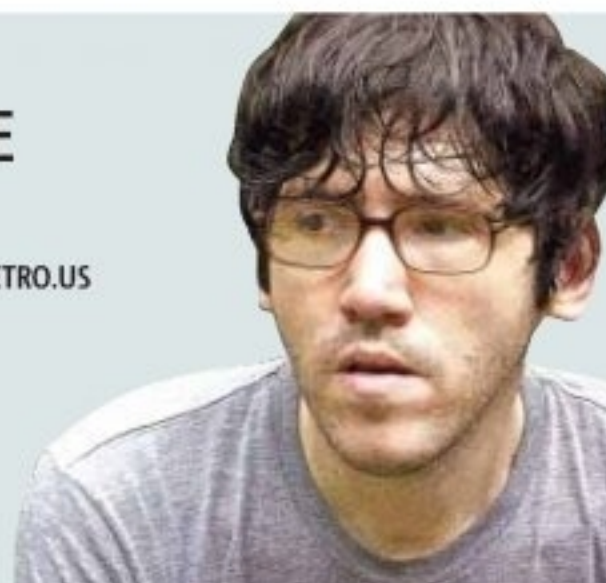


"Killzone: Shadow Fall" is one of the few games right now on the PlayStation 4. / SONY

Sidescroller

LAWRENCE BONK

LAWRENCE.BONK@METRO.US



THE NEW PLAYSTATION 4 SYSTEM WILL ENSLAVE US ALL

It's been seven long years since the PS3 took those first tentative steps into our living rooms. Now, like a politician who knows his or her time is up, it is stepping down in favor of someone with eight times the CPU power. (Wait, what?) Ladies and gentlemen, behold the PlayStation 4.

PlayStation4

Company: Sony

Cost: \$400

***** (until more games come out)

This is a gaming machine through and through. The specs are through the roof, the controller is miles above the not-so-great DualShock 3 and the UI is both usable and fast. It's like Sony went through a laundry list of complaints about the PS3 and fixed each and every one. System updates are fast. Games can be streamed to the Vita for remote play with no great fuss. The console's architecture makes game development easy for people whose programming knowledge

doesn't start and stop with the movie "Hackers."

What kind of brand new stuff did Sony bring to the table? The answer is: power, first and foremost. This will run some amazing titles down the line. For now, however, the pickings are fairly slim. That's just how things tend to go with system launches. The controller, also, has been totally revamped, adding touch capabilities and a button for sharing your play session. This functionality creates a livestream so others can "ooh" and "ahh" at your amazing accomplishments. Something tells me this is going to lead to a great many adults being made fun of by 12-year-olds. Cool!

On the games front, the standout launch title is "Killzone: Shadow Fall," which offers competent FPS action in a world so gorgeous you may just throw up. "Knack," a 3-D platformer aimed at the whole family, is also pretty fun. It's no "Mario," but then again, what is?



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A Davis Square makeover

For sale. This newly listed Somerville property just got a major face-lift.

Real estate agent Tom von Zabern is particularly proud of his new listing on Winslow Avenue in Davis Square. But, then, he did personally redesign the property, transforming a once-squalid three-unit rental into a magnificent single family home.

Built in 1900, the house had all the hallmarks of a Depression-era illegal conversion.

"It was drab and horrible. Everything was poorly built and not to code. It functioned poorly as a multi-family," says von Zabern, who worked with contractors Sherwood Builders to renovate and overhaul the property. "We thought of creating two townhouses, but that really didn't work either. I tortured myself and ended up with a drawing of a single family [home]. We decided to create one good home instead of two compromised ones."

Apart from extending the house at the rear, the redesign honors the original Victorian exterior. The interior, however, was completely gutted.

"There really wasn't much worth saving. I tried to imagine what the modern homebuyer



Tom von Zabern wanted to make the most of this Davis Square property. / TOM VON ZABERN

wants and used feedback from homeowners to design a house for how people live now, not 110 years ago," he says.

A complaint von Zabern often hears from prospective homebuyers is that the bedrooms are too small. That isn't a problem with this home, which has four sizable bedrooms, including a second-floor master suite with a private bathroom, a walk-in closet and a private deck. The third floor forms

another bedroom suite with a sitting area, bathroom and a balcony.

Turning multi-families into single homes is not how developers usually work. It is far more profitable to split a house and sell it as smaller units. However, this is the third multi-to-single conversion that von Zabern has worked on recently.

"Some builders think about more than making the most money out of a property.

There's the idea of leaving a legacy. There are too many bland conversions that ruin the original building just for profit. They also ruin the look of a neighborhood," he explains.

LINDA CLARKE
lclark@metrolist.com

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www.metrolist.com



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A perennial complaint from homebuyers is that, in many homes, the kitchen is cut off from the rest of the house, isolating the cook.

"I opened up the first floor and put the kitchen in the middle. That way, the family chef is part of what's going on in the rest of the house," says von Zabern.



ADVERTISEMENT



How to Setup a Security Deposit Account.

By Attorney George Warshaw

There's more to it than you may think.

First, the account has to be set up within 30 days of when the security deposit is paid, and the tenant given notice of the account within that 30 days period.

Second, it must be placed in a bank located in Massachusetts. You can't use Fidelity to hold the money and you can't deposit it in another state.

So you can't set it up at Bank of America in New Hampshire or Citizens in Rhode Island. The account branch has to be located in Massachusetts.

Most banks have what they call security deposit accounts; basically a savings or escrow account that pays interest. Usually the name of the account identifies it by the words "Tenant's Security Deposit Account" or some variation.

I use TD Bank. TD has a special Security Deposit Account Agreement that complies with the law. Five other banks I surveyed don't use any special agreement. Therefore, I can't tell if the account just sounds nice or actually complies with the legal requirements.

Lastly, landlords have to give tenants notice about the account every year. Make it easy on yourself. Have the printed monthly bank statement sent directly to the tenant. They get the info required and you can always access it online.



George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, litigates real estate matters, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.

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Wednesday, November 13, 2013

DIABETES AWARENESS

10

ARE YOU A SUGAR ADDICT?

Want a hit? / GETTY IMAGES, HEMERA

Quiz. Dr. Joel Fuhrman, best-selling author of "The End of Diabetes," has the answer.

Got a high from those M&Ms? Blame science. Nutritional researcher Dr. Joel Fuhrman says that sugar addiction is just as serious as being hooked on cocaine: "Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells Metro. "Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more." But unlike drugs, sugar is legal and inexpensive, he warns. Take this quiz to find out if you're running on a sugar high.

1. Breakfast is:

- A Fruits, nuts, vegetables or a whole-grain product.
- B Unsweetened cereal with soy or almond milk.
- C Conventional, sweetened cereal with cow's milk.
- D Doughnuts and sweet coffee.

2. During the day you drink:

- A Water or herbal tea.
- B Coffee or tea, plain with no sweetener.
- C Diet soda.
- D Sugary soda, coffee or tea.

3. Mid-afternoon, you feel:

- A Energetic, as always.
- B A little sluggish, but you can still function productively.
- C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
- D Burned-out. You can't focus until you've had chocolate and a can of Coke.

4. How do you feel when you eat dessert?

- A That it's just not worth eating such junk.

- B Enjoyment.
- C A little happier.
- D Euphoric.

5. Fresh fruit is:

- A Sweet and delicious. You eat five pieces a day.
- B Tasty. You have at least one piece of fruit every day.
- C OK, but you'd rather have apple pie than an apple.
- D Completely unappealing. You're more into cupcakes.

6. After a few bites of your favorite brownie, you:

- A Do not eat sugary foods.
- B Feel satisfied and move on with your day.
- C Are tempted to eat more, but force yourself to stop.
- D Completely lose control and whoops, there goes the whole tray.

7. A sugar craving hits. How do you cope?

- A This rarely happens, but when it does, you get on with your day, knowing it'll pass.
- B Remind yourself that the food is not bringing you closer to your goal of excellent health and eat a piece of fruit instead.
- C Find another sugary alternative to quell the craving.
- D Get whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day, so you:

- A Exercise and try to relax.

- B Space out in front of the TV with a stiff drink.
- C Allow yourself one slice of cake or one piece of candy.
- D Binge out on ice cream.

9. If you go without sugar for a few days, you feel:

- A No different. You rarely eat sugar.
- B Brighter and more energetic.
- C Tired and your head hurts.
- D Weak and anxious. You also have significant headaches and fatigue.

10. The idea of giving up sugar sounds:

- A Easy, since you almost never eat it anyway.
- B Like a healthy thing to do, but you want to have sugary foods occasionally.
- C Good, but you don't think it's possible.
- D Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:

- A A drawing sensation in the throat, but it's not very uncomfortable.
- B A grumbling stomach.
- C Light-headedness and headaches.
- D Headaches accompanied with anxiety or irritability, and the inability to concentrate.

Now tally up the number of A's, B's, C's and D's you got.

Results

- **Mostly A's.** You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.
- **Mostly B's.** There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eat-

ing too sweet, you don't often experience the addictive drives associated with these foods.

- **Mostly C's.** You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to overconsume sugar-laden foods. You rely on your willpower to limit your portions, but even a little bit

Advice



How to overcome your addiction to sugar

It sounds like a huge pain, but Dr. Fuhrman says that abstaining from the junk is the only way you'll nix the habit.

"Eating right is self-care, not deprivation. Lessen temptation by keeping your kitchen stocked with fresh fruit and vegetables and getting rid of any junk food you have at home. And don't be afraid to ask for support. Let your friends and family know that you're cutting back on the crap and eating for health."



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DIABETES AWARENESS

11

Diabetic or not, diet matters

Health. Your lifestyle has a big impact on your likelihood of developing type 2 diabetes.

One of the best ways to prevent type 2 diabetes? Eat like a diabetic.

That advice might sound counterintuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: Pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 percent higher mortality rate than nondiabetics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cudihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic."

The current figure is 1 in 10, but one-third of Americans could have diabetes by 2050, the Centers for Disease Control projected in 2010. The majority of people with diabetes, a metabolic disorder, have type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly.

ly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, genes, having diabetes while pregnant, a sedentary lifestyle, and your race and ethnicity. African-Americans and Hispanics, for example, are more likely to develop type 2 diabetes than Caucasians.

The increase in obesity rates is considered a major contributor to the rise in type 2 diabetes cases. Sugary beverages are oft-cited contributors to the weight problem in the U.S.; study results published in April suggest that drinking even one can of soda per day can raise your risk for developing type 2 diabetes by 22 percent. But lifestyle changes can help many people prevent diabetes or bring it under control, even without medication. Kennedy-Grant advises at least 30 minutes of moderate physical activity a day and a mindful approach to eating.

**VIRGINIA
PELLEY**
letters@metro.us

Quoted

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health."

Abigail Kennedy-Grant, MS, RD, CDN, registered dietitian at The Mount Sinai Diabetes Center



The produce aisle is your friend. / POLKA DOT

By 2050

1/3

One-third of Americans could have diabetes by 2050, the Centers for Disease Control projected in 2010.

Trouble Controlling Your Type 2 Diabetes?



More than 60 million people like you face the challenge of managing their type 2 diabetes. When combined with excess weight, this challenge can be difficult for anyone to overcome.

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This year, take your vision to the NEXT LEVEL by giving yourself or a loved one the Gift of Sight. Now that's a Gift that keeps on Giving. A blessed New Year from the surgeons and staff of New England Eye Center.

The three most important things every woman should know about ovarian cancer



Ursula Matulonis, MD

Known as the silent killer because of its vague and easily misdiagnosed symptoms, ovarian cancer is often not detected until it's at an advanced stage. That's why it is important to know the facts about this gynecologic cancer. According to the American Cancer Society, an estimated 22,000 women will be diagnosed with ovarian cancer this year. It is predicted that it will cause more than 14,000 deaths in 2013, making it the fifth cause of cancer

death in women. Ursula Matulonis, MD, director of the Gynecologic Oncology Program in the Susan F. Smith Center for Women's Cancers at Dana-Farber Cancer Institute says there are three things that every woman should know about ovarian cancer.

1. When to see your gynecologist

In the early stages, symptoms can be vague and similar to those of other, more common conditions, like digestive issues. However, there are warning signs to be aware of, and they can increase over time. "Symptoms may be subtle but if a woman has several of them and they are consistent over time, she should see her gynecologist," says Matulonis. If detected early and the cancer has not spread outside the ovary, the five-year survival rate is 93 percent. So, it's important for a woman to know her body and any changes. The most common warning signs to look for include:

- Constant bloating or abdominal pain or pressure
- Persistent indigestion, gas, constipation
- Pelvic discomfort or pain
- Feeling full quickly

Other symptoms could include back pain, increased urination, menstrual changes and chronic fatigue.

2. No ovarian cancer screening test

Unlike mammograms for breast cancer, there is not a routine screening test for ovarian cancer. A Pap test, or Pap smear, is used to detect cervical cancer only. If there are persistent symptoms, a gynecologist might perform a physical pelvic examination to check the ovaries. However, this exam often does not catch the tumors until they are large in size and at advanced stage. Other examinations performed may include external and transvaginal ultrasounds, X-ray, and possibly a CA-125 blood test. "Protein gets shed from the cancer, and the CA-125 blood test can pick up that protein," explains Matulonis. "However, this blood test is not used as a routine or annual screening test like a mammogram because in pre-menopausal women it is not always accurate and can fluctuate with such things as menstrual cycles and ovarian cysts."

3. Know your family history

According to the National Cancer Institute, the number one risk factor for developing ovarian cancer is a family history. A woman's risk of the disease triples if her mother, daughter or sister has ovarian cancer. "Know your family history," stresses Matulonis. "Who has had breast cancer? Who has had ovarian cancer? If there are either or both of these cancers in a family,

that should be a red flag and that woman may want to consider genetic testing."

Genetic testing can detect if a woman has mutated versions of the BRCA1 and BRCA2 genes. The NCI says that 15 to 40 percent of women who have a BRCA1 or BRCA2 mutation will be diagnosed with ovarian cancer over the course of their lifetime. They also tend to get it earlier, before the age of 50.

Other risk factors include never having been pregnant and hormone replacement therapy. Matulonis points out that having a risk factor does not mean a woman will get ovarian cancer. Women who think they may be at risk of ovarian cancer should talk with their doctor.

For more information visit www.dana-farber.org.

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center, designated a comprehensive cancer center by the National Cancer Institute.

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December 2013	Site
Monday 2	The Dimock Center
Wednesday 4	Joseph Smith Community Health Center - Allston
Thursday 5	Southern Jamaica Plain Health Center
Tuesday 10	Brockton Neighborhood Health Center
Wednesday 11	Harvard Street Neighborhood Health Center
Tuesday 17	Bowdoin Street Health Center
Wednesday 18	Joseph Smith Community Health Center - Waltham
Thursday 19	Neponset Health Center
January 2014	Site
Wednesday 8	Joseph Smith Community Health Center - Allston
Tuesday 14	Bowdoin Street Health Center
Wednesday 15	The Dimock Center
Wednesday 22	Joseph Smith Community Health Center - Waltham
Thursday 23	South End Community Health Center
Tuesday 28	Bowdoin Street Health Center

Living Well with Diabetes

November is American Diabetes Month – an ideal time to bring attention to a disease that impacts many of Boston's residents. The 2012-2013 Health of Boston report shows that nine percent of Black Bostonians have diabetes, while six percent of Latinos, five percent of Whites, and two percent of Asians are affected. And diabetics with high blood pressure have even greater health risks, such as heart attack, stroke, and kidney disease.

Living with diabetes can be challenging, but fortunately, a few simple changes can make a big difference. A good diet, regular exercise, and medication, if prescribed by your doctor, all create a steady path to good health.

Eat healthy

Adjusting your diet to follow healthy eating guidelines is an important first step. Limiting your intake of sweets and soft

drinks, high salt, cholesterol, saturated and trans-fats, and meat and butter is important. The American Diabetes Association (ADA) offers plenty of tips for learning how to "shop smart" by setting aside time to plan weekly meals and sticking to a grocery list of fruits and vegetables, leaner meats, and whole grains. The Mediterranean diet includes these staples in addition to substituting herbs and spices for salt, and olive oil for butter, among other healthy options.

Get active

As First Lady Michelle Obama advises us, "Let's move!" Physical activity burns calories to control weight, builds muscle, and promotes strong bones. The American Heart Association reports that as little as 30 minutes of activity per day has heart health benefits. If you haven't been active lately, start small. Begin with a few minutes of walking

and build up to a 30-minute walk every day as you feel stronger. Daily physical activity can be as simple as walking with friends or gardening. Join the local gym, or try a dance or exercise class.

Stay up-to-date with your medications

Diabetes is a progressive disease, so it is vital to stay up-to-date with your medications. Take the time to speak with your doctor about managing your blood sugar. Remember that your body has specific needs; there is no one-size-fits-all treatment for diabetes.

Raising awareness in the community

Community partnerships play an important role when it comes to raising awareness about diabetes management. That is why Neighborhood Health Plan (NHP) is serving as the exclusive sponsor of the "Living Well with Diabetes" events in collaboration with

the Massachusetts League of Community Health Centers, the American Diabetes Association, and local organizations like Harbor Community Health Center, Hyannis and YMCA Cape Cod. These free, family-friendly events in November include an assortment of health screenings, games with prizes, fitness classes, and nutrition workshops.

At NHP, we embrace our role as a community member and remain committed to improving the health and wellness of the diverse residents of Boston. ■

References

Boston Public Health Commission
www.bphc.org
American Diabetes Association
www.diabetes.org/food-and-fitness
Mediterranean Diet
www.mayoclinic.com/health/mediterranean-diet/CL00011
Let's Move! Campaign
www.letsmove.gov

The Importance of Screening for Breast Cancer

Although much progress has been made in the prevention and treatment of breast cancer, there is still a lot of work to be done to keep women healthy. According to the American Cancer Society, 12 percent of women in the United States will develop invasive breast cancer in their lifetime and nearly 40,000 women will die this year from the disease. ("What are the key statistics," 2013)

Mammograms — a type of x-ray for the breast — are the best way to screen for the disease and play an important role in early detection. Often, women with breast cancer never experience warning signs or symptoms, but mammograms can detect tumors that are too small for you or your doctor to feel. Mammograms are fully covered by insurance at no cost to you, and you do not need a referral.

Talk with your doctor about your risk factors and when to start having annual mammograms. Your doctor will advise you based on your age, health, and family history.

Reference

What are the key statistics about breast cancer? (2013)
Retrieved from:
www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-key-statistics



Small changes. Big results.

**You can live well with diabetes
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**To learn more, visit
nhp.org/diabetes**



Horoscope

♏ Scorpio | Oct. 23-Nov. 21.
Make travel plans, sign up for a course or gather information about a subject that interests you. No matter how, where or what you learn, it will end up being beneficial.

♐ Sagittarius | Nov. 22-Dec. 21.
Stick close to home and take care of any renovations, decorations or changes you want to make. Prepare for something that you are looking forward to — it will turn out well.

♑ Capricorn | Dec. 22-Jan. 20.
You should take pride in what you do. Don't worry about the changes going on around you. Concentrate on what makes you happy, and strut your stuff.

♒ Aquarius | Jan. 21-Feb. 18.
Listen carefully, but don't bend to what someone else wants if it doesn't suit you. Make changes based on past experience. Don't lead anyone on; be upfront and keep moving.

♓ Pisces | Feb. 19-March 20.
Avoid impulsive moves based on emotional or personal incidents. Your focus should be on reaching your goals and turning whatever you do into a sweeping success.

♈ Aries | March 21-April 20.
You'll be restless and emotional today. Don't feel pressured to react when you should be reviewing and re-evaluating. Time is on your side.

♉ Taurus | April 21-May 21.
High energy will bring good results. Turn a power struggle into a positive situation. Romance will bring greater happiness.

♊ Gemini | May 22-June 20.
Get in touch with old friends. Finding out what others are up to will encourage you to implement a positive change. Make your opinions known, but don't start any arguments.

♋ Cancer | June 21-July 22.
You probably won't please everyone, but as long as you are true to your word, you will command attention and respect. A favorable change in a relationship will bring you good fortune.

♌ Leo | July 23-Aug. 22.
Look over your personal financial matters. Money may come from an unexpected source. A quick change of plans will be required to accommodate a shifting situation.

♍ Virgo | Aug. 23-Sept. 22.
Getting together with friends or peers will be enlightening. The conversations you have will open your eyes to new possibilities. Love is in the stars, and relationships can be improved.

♎ Libra | Sept. 23-Oct. 22.
You'll be drawn to change, and emotional situations will develop among your friends and co-workers. Protect your interests. **BERNICE BEDE OSOL**

Letters

Are vets covered under Obamacare?

The first phase of the Affordable Care Act was when the president said, "You can keep your insurance if you like it" and, "You can keep your doctor if you want to" and, "Medical costs will come down \$2,500 for the average family." This was called Obamacare.

The second phase was when the people found out their medical insurance policy may have been

canceled or their doctor is no longer available to them or the price is now much higher.

The president then tried to change the topic of discussion to immigration, the Israel-Palestine negotiation, and raising the minimum wage. This should be called Obama-Don't Care.

The last phase is when the people no longer trust the chief executive and they know his words are not reliable. They will call for a veterinarian because the president is a lame duck.

ARTHUR HORN, VIA EMAIL

Philippines need your help

Re: 'Help victims of typhoon' (Metro, Nov. 12) I would like to thank Frederick R. Beddell Jr. for his letter regarding the current plight of Filipinos after Typhoon Haiyan. I was born and raised in the Philippines, and lived there until I came here in the U.S. almost 26 years ago. It is heart-wrenching for me to watch videos and photos of the typhoon's aftermath, of dead bodies covered in debris floating along the shores of Leyte and Samar.

Filipinos are known for their resiliency and cheerfulness, so much so that even after a natural disaster, they still manage to smile and be hopeful. If readers would say a prayer for the victims and survivors so that they may be granted the strength and determination to overcome the hardships they have to deal with, the Filipino people will be forever grateful.

LORNA DAVIES, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

3								9
			4		3	1		
6		8		5				3
1	8	2				9		6
			6		5			
7		5				3	4	2
5				9		6		4
		9	5		4			
2								7

		8	9	7				4
	5			4				
		4				1	9	
8			4	1		3		
	1		7	9	5		2	
		9		8	2			1
	9	1				8		
				6			4	
6				3	7	9		

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Open one's big mouth
5 Attic item
10 Frat-party attire
14 Rajah's spouse
15 — yoga
16 Fortas and Vigoda
17 On a rampage
18 Flawless
19 Webster or Wyle
20 Refutation
22 Ridicule
24 Zilch
25 Centurion's moon
26 Soundness
30 Doled out
35 — Baba and the Forty Thieves
36 Time to celebrate
37 Common practice
38 Singles
41 Eclipse
43 Gain admission
44 Checkbook amt.
45 Vim and vigor

Down

46 Sleeps
47 Noisy insects
50 Give the eye
53 Prefix for "pod"
54 Funnel-shaped flower
58 Shade-loving plants
62 Dendrite's counterpart
63 100 kopecks
66 Lengthy story
67 Hiss
68 Do gumshoe work
69 Etc. relative (2 wds.)
70 Aria, usually
71 Robust
72 Pub missile
1 Headless nail
2 Glittery fabric
3 Erelong
4 Two-piece suit
5 Cooler
6 "I've been —!"
7 Riviera summer
8 Famed orca

9 Eagle's gripper
10 Cistern
11 Band instrument
12 Forward or reverse
13 Wan
21 Support
23 Sartre contemporary
25 Drain cleaner
26 Obi-Wan Kenobi's foe
27 How some go it
28 Sings gaily
29 Motel room fixtures
31 PC button
32 Grayish-brown
33 White heron
34 Ocean trenches
39 Hire out
40 Match job
41 Galley mover
42 Cheerfully
44 Prior to yr. 1
48 — Magnon
49 Greeted warmly
51 Circumference
52 Gene Tierney thriller

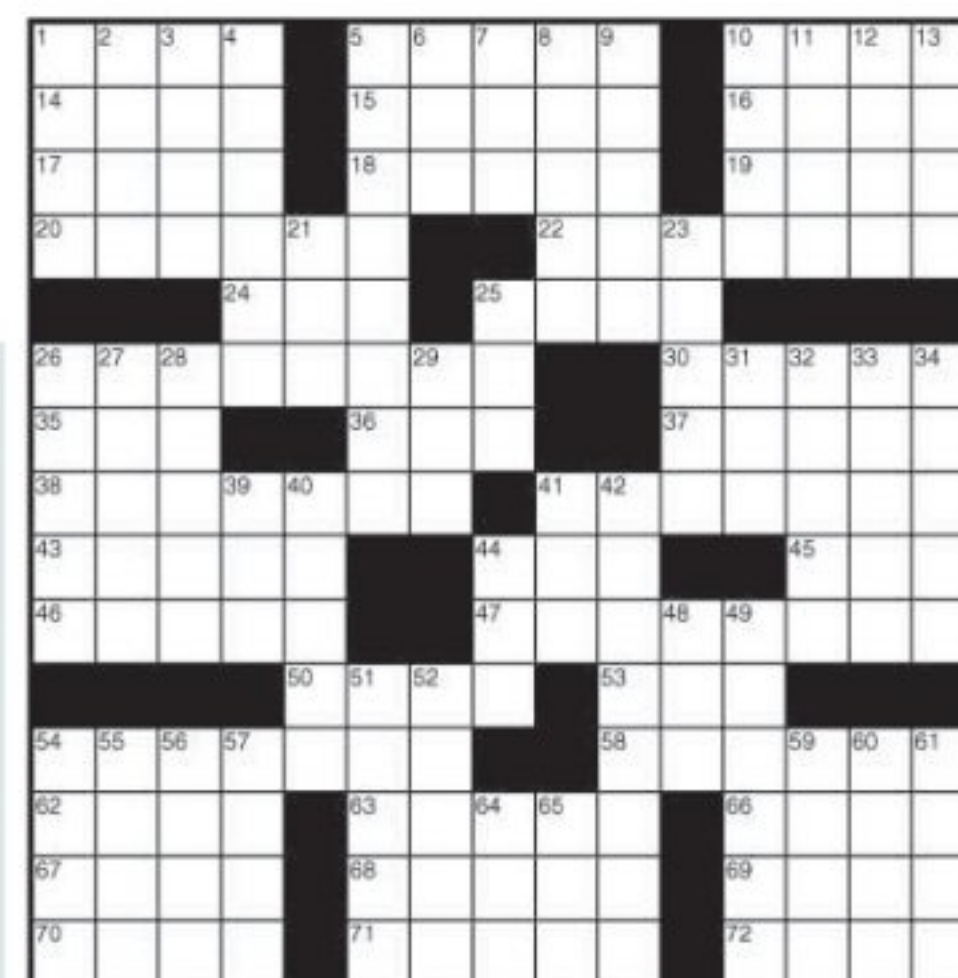
54 Move the puck
55 World's fair
56 Plug away
57 Till
59 Ciao, to the queen

(hyph.)
60 Lab medium
61 Cellar contents
64 Keep out
65 "Put a — on it!"

Yesterday's answer

MACHO YAK LIVEN
ARROW ESO ADELE
GLIDE PATH NERVE
SOB ORAL DAVID
DONS VISES
APPEND JOIN
PROMOS ANAGRAM
RICO APT ARTS
GONDOLA PACINO
ATTN UNEASY
ADAPT URNS
BLIMP ACHE FEE
AVAIL HOARFROST
SINGE EMU REBAR
KNEAD MAL ISSUE

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



3

SPORTS

Free agency free-for-all

MLB. The World Series champion Red Sox may target pitching, outfielders in free agency.

With Stephen Drew, Mike Napoli and Jacoby Ellsbury all declining their one-year qualifying offers from the Red Sox on Monday, all three are now free agents. While there's a possibility that all of them could still return to the club, the Red Sox will need to at least start thinking about replacing them, as well as their other needs on the roster with the GM meetings underway in

Orlando, Fla., this week. Here's a look at four free agents the Red Sox could be targeting:

Tim Hudson

Over the past week or so, there have been reports of the Red Sox being interested in the veteran right-hander despite already having six starters inked for 2014. If acquired, the Sox could look to deal away one of their current starters. Hudson is a 15-year veteran, including the last nine in Atlanta where he worked with current Red Sox catcher David Ross. Hudson is coming off of a season which saw him go 8-7 with a 3.97 ERA.

Jesse Crain

The Red Sox were interested in the right-handed reliever at the trade deadline, but the injured Crain wasn't dealt away from the White Sox.

With Andrew Bailey unlikely to be ready for the start of the season, the club could use another arm to bridge the gap to closer Koji Uehara. The 10-year veteran has seen time with the Twins and White Sox. In 38 appearances in 2013, Crain had an ERA of 0.74.

Carlos Beltran

Red Sox fans are familiar with the veteran outfielder as they saw plenty of him in the World Series with the Cardinals. Beltran has been in the league 16 years and has yet to win a World Series, something he'd have a good chance of doing in Boston. There have been rumors swirling of the Sox having some interest in the right fielder, but if he were to come to Boston, Shane Victorino would likely shift to center field, something the organization doesn't seem to want, and having a



Carlos Beltran could very well wind up in Boston. / GETTY IMAGES

Big bat Beltran

88

Free agent outfielder Carlos Beltran has averaged 88 RBIs over the past three seasons. The Red Sox are said to be interested in the veteran.

36-year-old Beltran and a 37-year-old David Ortiz in the lineup everyday might be a little risky.

Franklin Gutierrez

Although he may not be as big a name as the other players listed, he could be a perfect fit for the Red Sox as they will likely need to replace Ellsbury in center field. Jackie Bradley Jr. is certainly an internal option, but signing a nine-year veteran like Gutierrez might be a good move as then all the pressure wouldn't be on a young Bradley Jr. In 41 games this past season, Gutierrez hit .248 with the Mariners, but the 30-year-old did only walk five times in 151 plate appearances, which could turn the Sox off as it goes against their patient hitting approach.

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sports@metro.us

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Jim 617-724-3222, jdoorley@partners.org

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Dr. Page Pennell (Principal Investigator)
Rutendo Kashambwa (Study Coordinator)
Phone: 617-525-3011 Email: epilepsyresearch@partners.org

For more information about research conducted at BWH, visit www.brighamandwomens.org



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Unit No. 2 of the 39 Mellen Street Condominium situated at 39 Mellen Street, Boston, Suffolk County, Massachusetts and created in accordance with Massachusetts General Laws, Chapter 183A by Master Deed dated October 16, 2006 and recorded with Suffolk County Registry of Deeds at Book 40590, Page 115.

The Unit contains approximately 3,047 square feet and is laid out as shown on a plan attached hereto, to which is affixed a verified statement in the form prescribed by M.G.L. c. 183A, Section 9 and which plan is a copy of a portion of the plan filed with the Master Deed.

The Unit is conveyed together with an undivided 60.52% interest in the (a) Common Areas and Facilities of the Condominium as described in the Master Deed, and (b) in the 39 Mellen Street Condominium Association Trust created under Declaration of Trust dated October 16, 2006 and recorded with Suffolk County Registry of Deeds at Book 40590, Page 125.

The Unit is intended to be used only for residential purposes.

The Grantee acquires the Unit with the benefit of and subject to, as the case may be the provisions of the Master Deed and Declaration of Trust, and any Rules and Regulations promulgated thereunder.

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